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**Health**



# Acknowledgments

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  - Dr Brendan Goodger
  - Monique Johns.
- Megan Swann – Consultant Occupational Therapist and Stepping On co-author.
- Nadia Williams – Stepping On Coordinator, Northern Sydney and Central Coast LHD's.



# What is 'Stepping On'?

- A multidisciplinary falls prevention program for community dwelling older adults 65+
- Aimed at older adults who have had a fall, or who are fearful of falling.
- The program is a mixture of provision of falls risk factor information, and exercise sessions based on the Otago program.



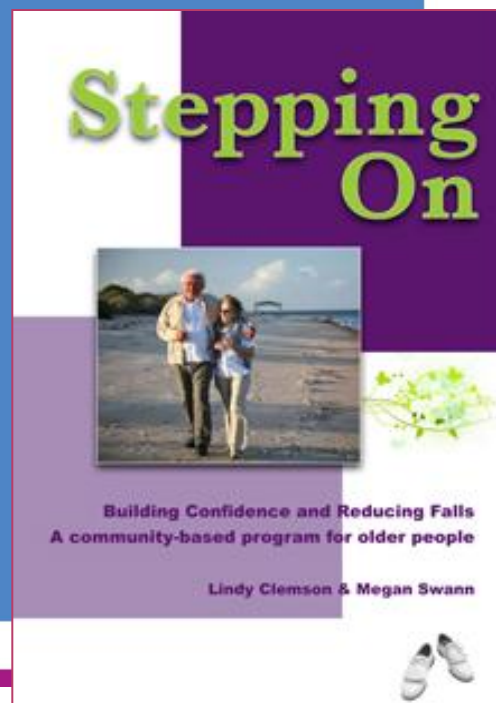
# What is 'Stepping On'?

- Utilises current evidence based falls prevention and best practice information.
- Takes a multifactorial approach to falls prevention risk factors.
- Groups are facilitator led and an interactive group environment is promoted.



# Program Background:

- Evidence based program developed by OT's Assoc Prof Lindy Clemson and Megan Swann.
- Based on 14 month RCT (JAGS 2004, Clemson et al. )
- Results: 31% reduction in falls, an increase in protective Behaviours, and increased confidence in more mobile activities of daily living tasks





# How does 'Stepping On' work?

**Stepping On is a person centred self management program which:**

- **Is underpinned by a cognitive behavioural approach**
- **Utilises adult learning principles**
- **Facilitates strategies to enhance self efficacy in falls risk situations**



## How does 'Stepping On' work?

- Expert knowledge is provided but with time to reflect, question and consider behaviour change
- Utilises a variety of learning techniques including story telling and group interaction to facilitate the process
- The goal of the program is increased self efficacy and confidence of the participants



# Program inclusion criteria:



- Age 65+
- Community residing residents including those living independently in retirement villages
- Independently mobile +/- walking stick
- Cognitively intact
- Conversant in English – except for CALD specific groups.
- Program not generally suitable for people with dementia or neuromuscular conditions.



# SO Program design

- Programs are held in local community venues at same time and same place each week.
- Presenters are also local to that community where possible
- Venues are chosen that are close to public transport and have parking
- Venues may also have existing older persons' exercise classes to facilitate uptake post group





# Program content and design

- **Multidisciplinary Program content**
- **Facilitator led - with other presentations from local public & private health professionals**





# Program facilitators

**Facilitators can include ‘Stepping On’  
trained:**

- Occupational Therapists
- Physiotherapists
- Registered Nurses
- Fitness Leaders
- Exercise Physiologists
- Other allied health
- Facilitators must have access to professional indemnity insurance either via their employer, or privately if a private practitioner.



# Program design

- Groups range in size from 12- 16 participants.
- 2 hour face-to-face group sessions over 7 weeks
- 1 follow up phone call at 2 weeks
- Booster session at 2 months





# Program content

A typical program involves input from a:

- Physiotherapist/Exercise Physiologist /Fitness leader (required 3/7 groups)
- Occupational Therapist
- Road Safety Officer
- Podiatrist
- Vision expert
- Dietician
- Pharmacist
- All the above required 1/7 weeks.





# CALD 'Stepping On'

**CALD translations of 'Stepping On' group material available:**

- Arabic
- Chinese
- Greek
- Italian
- Korean
- Macedonian
- Spanish
- Polish
- Vietnamese
- Turkish
- Russian



# NSW Ministry of Health Stepping On program



## Stepping On with confidence

Stepping On is an exciting and friendly community group program for seniors. It is designed to build knowledge, strength and confidence to remain independent at home.



- Annual funding has been provided by NSW Ministry of Health for the rollout of 'Stepping On' across NSW.

- 'Stepping On' is provided as a *free* program for older, community dwelling people who have had a fall or are fearful of falling and meet the inclusion criteria.

For further information on a Mosman group please contact:  
Claire Vandenburg on 02 9462 9333. Starts March 30th





# NSW Ministry of Health Stepping On program

- Progressively being rolled out since late 2008
- Pilot project commenced in North Coast Area Health Service.
- Final stage of roll out is happening 2011-12/13 with aim to have it running in as many NSW local health districts as possible.
- 'Stepping On' has been embedded as one of the key falls prevention strategies in action area four of the NSW Falls Policy 2011 to 2015



# NSW Ministry of Health Stepping On program

## Current LHD rollouts:

- Northern NSW
  - Mid North Coast
  - Northern Sydney
  - Central Coast
  - South Western Sydney
  - Illawarra/ Shoalhaven
  - South Eastern Sydney
  - Hunter / New England
- 147 programs in 83 locations will have been run from February 2009 – June 2011
  - A estimated 2205 participants to June 2011
  - Several CALD groups including Chinese, Greek, Italian and Macedonian
- All other NSW LHD's have been invited to apply for funding.



## NSW Ministry of Health resources provided to Stepping On facilitators.

- Funding for Stepping On Coordinator's position and funds to run SO groups per LHD on an annual basis.
- Free SO training for the LHD Coordinator and other LHD SO group facilitators.
- LHD SO Coordinators become part of the NSW SO Coordinator's Network for regular meetings and support



## NSW Ministry of Health resources provided to Stepping On facilitators.

- **‘Stepping On’ manual for facilitators:** details how to run the program and provides week by week program content.
- **Standardised templates for all administrative, promotional and data requirements for Stepping On.**
- **Some pre-prepared talks are available where guest presenters are unavailable such as: Podiatry, Nutrition/Vit D, Community Safety, Vision, Home Hazards.**



## **NSW Ministry of Health resources provided to Stepping On facilitators.**

**For Stepping on participants:**

- Standardised SO weekly participant hand outs on risk factors.**
- Standardised SO participant exercise booklets**
- Some translated into other languages.**
- Staying Active and on your feet booklets for participants**



- For information on where current classes are held - search by suburb or town on:

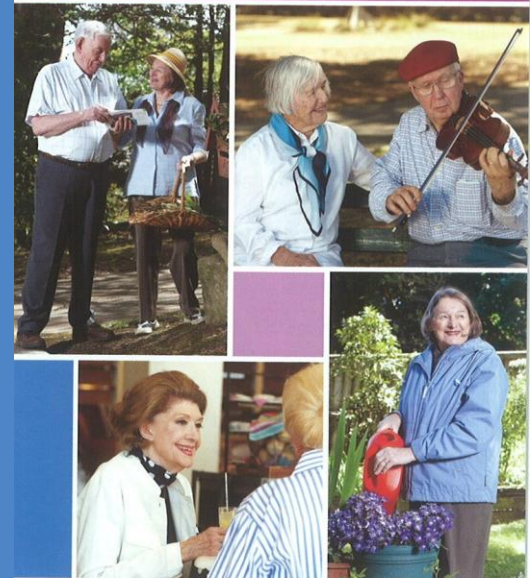
[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

- Or contact your local falls prevention coordinator for contact details.



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